

Grand Valley Health Plan

Member Handbook

Understanding Preventative Health and Wellness

A general thought on . . .

Preventive Health and Wellness

GVHP is committed to preventative health. GVHP is also committed to wellness. This is more important today than ever before. Many serious illnesses can be prevented by healthier lifestyles. Immunizations as well as early detection and treatment can help keep you healthy. Use your Health Center's skills and resources. These resources promote good health. They can prevent diseases. Become involved with your Health Center team!

Preventive Health Guidelines

A common member request is about a "complete physical." This is sometimes called an "annual check-up." Many members do not know how often they should have an "annual check-up". Several years ago, an annual check-up was a standard part of medical care. In fact, some companies and schools made it a requirement. Nearly everyone now agrees that an annual check-up is not necessary. Now the question is . . . How often should you have one?

Childhood exams are scheduled according to age. Adult physicals are based on family and personal history. The exact schedule for an adult physical will vary from person to person.

GVHP would like to help you know when to ask for a physical. So, at your first Health Center visit you will be asked to complete a Health Risk Appraisal (HRA). This asks questions about your health. It asks about personal health habits. It also asks for information about your immediate family. Your Health Center practitioner reviews the questionnaire and looks for things that might be considered "high risk."

To help you in your pursuit of health, we would like to share our health maintenance guidelines. These guidelines are based on the U.S. Preventive Services Task Forces' report, Guide to Clinical Preventive Services. They are also based on the American Academy of Family Physicians' Summary of Policy Recommendations for Periodic Health Examinations.

We encourage you to take the time to read our guidelines. If you have any questions, ask your Health Center. We want you to stay healthy!

Adult Male Preventive Health Guidelines	
Recommended Screenings	
Completed Health Risk Assessment Appraisal	Every 5 years ages 20-64
History and Physical	Every 3 years ages 40-49; every 1-2 years ages 50-64
Blood Pressure Check	Every two years up to age 64
Cholesterol Screening	Every five (5) years for ages 20-65
FOBT and/or Sigmoidoscopy	At age 50 and above, fecal occult blood test (FOBT) annually. With family history of colorectal cancer, FOBT annually at age 40 and above. Colonoscopy 10 years prior to age of onset of first degree relative or at age 50 at latest.
Prostate Cancer Screening	After age 50 counsel re: known risks and uncertain benefits of screening for prostate cancer
Vision and Hearing	At your primary practitioner's discretion
Dental Exam	Brush and floss daily and regular visits to dentist
Health Education	
	Risks of smoking and alcohol/drug use
	Nutrition and exercise
	Lap/shoulder seat belt
	Excessive sun exposure/use of sun screens
	Testicular self examinations
	Safety and injury prevention
	High-risk sexual behavior
Immunization Schedule	

Tetanus and Diphtheria (TD)

Completed TD vaccine series if no primary series.
Boosters every 10 years, or at least at age 50

Adult Female Preventive Health Guidelines**Recommended Screenings****Completed Health Risk Assessment Appraisal**

Every 5 years ages 20-64

History and Physical

Every 3 years ages 40-49; every 1-2 years ages 50-64

Blood Pressure Check

Every two years up to age 64

Cholesterol Screening

Every five (5) years for ages 20-65

FOBT and/or Sigmoidoscopy

At age 50 and above, fecal occult blood test (FOBT) annually. With family history of colorectal cancer, FOBT annually at age 40 and above. Colonoscopy 10 years prior to age of onset of first degree relative or at age 50 at latest.

Pap Smear

Every 3 years for ages 18-64 for cervical cancer, if not high risk as determined by your practitioner

Clinical Breast Examination

Every 1-2 years for ages 40-49; every year ages 50-64

Mammogram

Counseling on potential risks and benefits of breast x-ray and offer every 1-2 years for ages 40-49; every year for ages 50-59. For women with a family history of breast cancer, annual mammogram from age 40 on.

Diabetes Screening

At age 45 and above, plasma glucose test every 3 years

Vision and Hearing

At your primary practitioner's discretion

Dental Exam

Brush and floss daily and regular visits to dentist

Health Education

Risks of smoking and alcohol/drug use

	Nutrition and exercise
	Lap/Shoulder seat belt
	Adequate calcium intake
	Excessive sun exposure/use of sun screens
	Safety and injury prevention
	High-risk sexual behavior
	Breast self-exams
	Post menopausal hormone replacement therapy
Immunization Schedule	
Tetanus and Diphtheria (TD)	Completed TD vaccine series if no primary series. Boosters every 10 years, or at least at age 50
Rubella	Assure immunity by history, serology or vaccination
Pediatric and Adolescent Preventive Health Guidelines	
Recommended Screenings	
Well-baby Checks (1 week to 18 months)	1-2 week physician visit; 2 month practitioner and nurse visit; 4 month practitioner and nurse visit; 6 month practitioner and nurse visit; 9 month well child nurse visit; 1 year practitioner or nurse visit; 15 month practitioner and nurse visit; 18 month practitioner and nurse visit
Pediatric Exams 2-11 Years	Annual health maintenance visit
Adolescent Exams 12-19 Years	Annual health maintenance visit
Blood Pressure Check	At every office visit starting at age 3
Eye Exam	Starting at age 3 or 4
Dental Exam	Brush and floss daily and regular visits to dentist
Health Education	

Ages 1 week -18 months	Child safety car seat; sun exposure; safety and injury prevention
Ages 2-6	Child safety car seat or lap/shoulder seat belt; sun exposure; safety and injury prevention
Ages 7-11	Lap/shoulder seat belt, safety and injury prevention, sun protection, exercise and nutrition; tobacco/alcohol/drugs
Ages 12-19	Lap/shoulder seat belt/ safety and injury prevention; sun protection, exercise and nutrition; tobacco/alcohol/drugs; smoking cessation; high-risk sexual activity
Immunization Schedule	
DPT (Diphtheria, Pertussis, Tetanus)	1 st shot/2 months; 2 nd shot/4 months; 3 rd shot/6 months; 4 th shot/15 months; 5 th shot/4-5 years
IPV (Injectable Polio Vaccine)	1 st /2 months; 2 nd /4 months
OPV (Oral Polio Vaccine)	1 st /15 months; 2 nd /4-5 years
Hepatitis B (Hep B)	1 st shot/birth; 2 nd shot/2 weeks (if parents elect) or 2 months; 3 rd shot/6 months; 4 th shot/15 months; 4-5 years or 10 years (if not previously done: initial dose; 2 nd /1-2 months later; 3 rd dose at least 4 months after 1 st dose)
HiB (Hemophilus Influenza, Type B)	1 st shot/2 months; 2 nd shot/4 months; 3 rd shot/6 months; 4 th shot/15 months
MMR (Measles, Mumps, Rubella)	1 st shot/15 months; 2 nd shot/4-5 years
Tetanus and Diphtheria (Td)	15 years if last DPT or greater than 10 years
Varicella (Chicken Pox)	1 st shot if no history/15 months; If not immunized or no history by age 4-5 or age 10 or age 15

These are the general preventive health guidelines which GVHP follows. For more specific information, please contact your Health Center.

Disease Management Programs

Disease management is a new term. It's receiving lots of attention. There are newspaper articles and television shows about disease management. Health plans and employers are seeing the importance of programs that "manage" the disease process.

Disease management is a way of always improving a person's health. It involves managing a total span of care. It draws upon clinical studies. It includes outcomes. Proven methods of care are also a part. It involves a wide range of health care professionals in managing care. These include physicians, nurses, Nutritionists and wellness counselors. Behavioral Health Counselors and Physical Therapists could be included as well.

Disease management means you need to change the way you think about health care. It also means the physician needs to change the way he or she views the "patient." Disease management moves away from being "reactive" to the practice of *treating* illness. "Reactive" means care is given when you are sick or not well. Instead, it looks at the "proactive" practice of *managing* the entire disease process. This is done to *prevent* illness and its reoccurrence. "Proactive" means care is given before or during a condition or illness. This helps avoid unnecessary tests or hospitalizations. Proactive equals prevention!

Chronic conditions are usually handled through a disease management program. Examples of chronic conditions include diabetes and asthma. Congestive heart failure and depression are other programs. Costs decrease by focusing on ways to prevent problems. An opposite effect then occurs. Quality of life goes up! People with chronic diseases learn how to be healthy. They also learn how to stay healthy.

A disease management program is a team effort. The member and practitioner "lead" the way. Pharmaceuticals or drugs are important. Medicines alone, however, are not enough. A team of other health professionals support the program. Nurses, doctors and other health professionals play a key role. Other health professionals include physical therapists, specialty physicians, behavioral or wellness counselors. All play a major role in "changing" patient behavior. The member's support system can be involved. This support system includes the family, friends and significant others. Information and education are key. Other resources about the disease also give a solid foundation. This supports member learning. This helps a member understand what happens during the course of the disease. This also includes the "whats" of doing or not doing!

The member is the most important part of the disease management team. As he or she begins to understand the illness, he or she can begin to apply this to daily living. This leads to gaining a feeling of "control." This is often missing in chronic illness.

Disease management programs are effective and measured. Results are reported in professional journals. Popular journals and television news are picking this information up as well. These outcomes make quality a major part of the efforts to improve health status.

GVHP offers disease management programs. We have been nationally recognized for our diabetes and asthma programs. We are also developing other disease management programs.

If you would like more information about GVHP's Disease Management Programs, call your Health Center.

GVHP Wellness Services

GVHP offers a wide range of wellness services. We offer individual and group sessions on important health topics, such as weight reduction, stress management and smoking cessation. We also teach about cholesterol, heart care and back education. We have classes in parenting, breast-feeding and childbirth preparation.

You can learn more about GVHP wellness services in the member publication, HealthLine. Look for the section *Preventive Steps* . . . on the back cover. You can call your Health Center to learn more, or call your GVHP Customer Service Team at (616) 949-2410.

Helping You Help Yourself Handbook

Many common illnesses, such as colds, stomach aches, earaches, or minor cuts, can be effectively treated at home. The Helping You Help Yourself Handbook is your reference guide to basic health care information. GVHP has developed this book just for you!

The Helping You Help Yourself Handbook explains home treatment. It can tell you when to call your Health Center. It can tell you when to get immediate medical care. Other health care and GVHP plan information can also be found there. We want to help you avoid unnecessary work and gain confidence in dealing with simple medical problems. This can help you avoid lost time by making unnecessary trips to the doctor. A free copy of the Helping You Help Yourself Handbook is available at your Health Center at your first visit. If you do not have one, call your Health Center today.

GVHP Well-Woman Center

GVHP offers its female members an added-value service. We offer appointments for pap, pelvic and breast exams at our Well Woman Center, located at Beckwith Health Center 2680 Leonard NE. Appointments at the Well-Woman Center are with female mid-level practitioners. The Well Woman Center is open on selected Saturdays from 9:00 a.m. - 1:00 p.m.

For information about the services of the Well Woman Center, please call your Health Center or the GVHP Customer Service Team at (616) 949-2410.